

Top Experts Share Treasured Resources and Success Secrets

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Drs. Susan and Julian Lange, OMD, L.Ac.

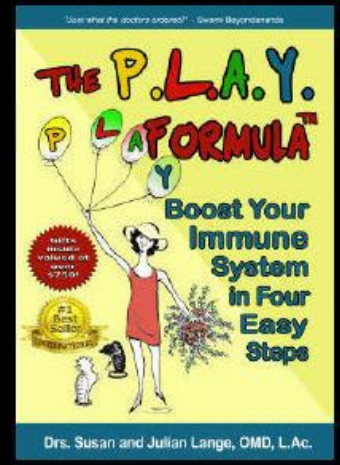
The P.L.A.Y. Formula™



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**Drs. Susan  
and  
Julian Lange,  
OMD, L.Ac.**



## **The P.L.A.Y. Formula™**

**Susan and Julian Lange, OMD, L.Ac.**

**Drs. Susan and Julian Lange, OMD, L.Ac. have been featured in numerous magazines, books, radio and television shows during their extensive thirty year careers, practicing Oriental Medicine and teaching innovative healing programs. They practice offline in Santa Monica, California, and consult internationally.**

**They work with visionaries, thought leaders and business owners who deeply want to contribute to society and make lasting changes, but become exhausted, overwhelmed, or even sick by the associated challenges, stresses, and responsibilities. Often the bigger the impact they want to make, the greater the challenges that emerge for them in the areas of relationship, health, success, money or soul. The Langes encourage people to unlock the underlying trauma patterns that may be preventing them from thriving, and to build the core resilience to transform. They use The P.L.A.Y. Formula™ as an important part of the healing process.**

**JL:** When I was a boy, I was brought up with Chinese medicine, acupuncture and alternative thought. My father was a physician who was really frustrated with the limitations of how doctors practiced back in the 1940s and 1950s. He felt that what they were doing was not so much about healing people, but just palliating symptoms with drugs and pharmaceuticals, and then he discovered acupuncture and homeopathy. We're following in his footsteps and work with the underlying trauma patterns that lead to dis-ease and dis-comfort, as opposed to just doing a band aid form of therapy.

**SL** We developed *The PLAY Formula™* to help our clients gain a bigger perspective on their issues and to explore what was stopping them from healing, and then we found that we needed to use it ourselves to get through some of our own serious challenges! I barely laughed as a child, so I had a lot to learn when I needed to heal my own immune system breakdown.

*The PLAY Formula™* is not just another book about happiness. It's a system that teaches you how to start dealing with those endless traumatic stories that sometimes keep recycling over and over, by helping you shift from a mindset to a BodySet™ perspective. Working with your body and the reptilian brain is the most efficient way to heal old trauma and stress patterns.

People often ask us "But what if I can't laugh? Life is too serious and there's too much suffering in the world. How do I shift?"

When we can't laugh or play, and instead we keep reliving the same old experiences and can't fix them, there are often old unresolved trauma patterns deep inside and these can definitely affect the immune system.

You don't just go in and dig up old trauma – that's the old way of working, the old psychology, which could actually make things worse.

Instead you work gently and encourage people to find their joy and to play more, to connect more with their body. This builds more resilience and gives the strength and skills for old trauma patterns to begin to heal. These patterns may have come from something obvious like old injuries or early childhood abuse, or even financial trauma or relationship trauma. Or they may come from deeper birth trauma, or family or generational trauma that we might be unconsciously carrying, as if it's our own "stuff" - stuff like dad's alcoholism or mom's anxiety, or even great grandfather's money terrors. Sometimes we might even blame ourselves for failing to resolve issues that really aren't ours. I did.

That's why we developed *The PLAY Formula™*, with its four easy steps, as a way for people to build strength and resources. When they relax, their cells open up, they can let the old toxins and trauma patterns out, and more healing and support in. Then

treatment, coaching, therapeutic intervention, supplements, support can all be more effective.

So when we're told "I don't have a clue how to laugh or play," we're now prepared! We also have a whole e-book with over 101 suggestions of the top Inspirational Comedies ever made. It's a special bonus that comes with *The PLAY Formula™*.

**JL:** We shouldn't underestimate the power of the emotions associated with wellbeing. *The Play Formula™* is such a valuable tool. When people use it, we have watched how they are able to broaden their vision and their horizon, and see more than their crisis. Their range of solutions grows. They have shifted from mindset to BodySet™. This is where the miracles can happen.

**SL:** Yes! It's not our job to carry other people's pain or suffering. And it's not our fault! *The PLAY Formula™* teaches you how to easily tap into the natural and free resources inside your body and to consciously claim a greater level of joy and pleasure in your life.

Then you get to share it with others and contribute to your greater community.

What could be more fun than that?

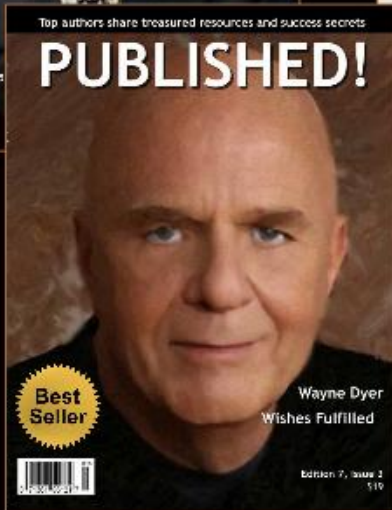
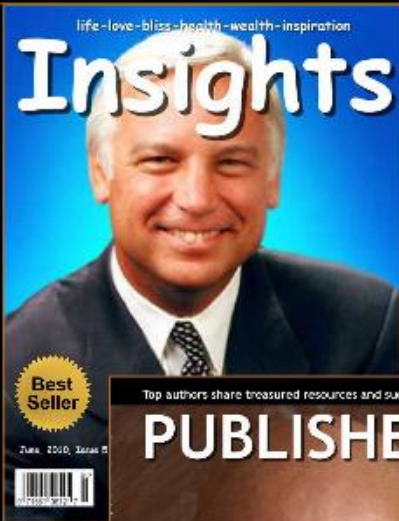
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[www.ThePLAYFormula.com](http://www.ThePLAYFormula.com)



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